Sunshine

for Home, School and College

stmas Number

mber 15, 1954

THIS ISSUE

Festival of Christmas
Strangest Animal in the World
The Joy of Life
Glimpses of Nepal
Careers—Teaching
round the World—
Marvels of Science
Scouts & Guides
—Poems—Hobbies
Pen-friends—Sports News

or: G. S. KRISHNAYYA

8 ANNAS

SPREAD SUNSHINE

About Ourselves and Our Readers

Aim and Policy: SUNSHINE aims at providing our young people with reading material that is entertaining as well as instructive and inspiring, material that embodies some of the progressive features of boys' and girls' magazines so common abroad. The purpose is also to foster a world view while aiming at building up common loyalties and a common background of general knowledge among our children. India's many projects and the realization of Gandhiji's ideals demand men of honesty, selfreliance, tolerance and a co-operative spirit. Briefly, emphasis will be on citizenship training made attractive and suited to the immediate needs of the home, neighbourhood, the country and our one world.

Contents: SUNSHINE will contain material suitable for all boys and girls between the ages of 10 and 18, in particular, and for teachers and parents, in general, who are concerned with the welfare of children. The subjects will include stories, articles, hobby notes, household hints, health notes, things to make and do, science news, suggestions for social service, jokes and biographies from various fields. Hence the Magazine could be used as supplementary reading material in the home and classroom, providing not only additional reading practice, but also a fund of general knowledge—and which teacher and which parent is not glad to have his resourcefulness supplemented in dealing with adolescent youth? A full page is devoted for the stressing of "Service above self" and for the benefit of Scouts and guides.

The Present Issue: Twenty-five thousand copies of the Introductory Number were published on August 15, 1954, for distribution generally to all the schools and colleges, Ministers and Directors of Education, public libraries, and publishers of periodicals and newspapers in India.

THE regular subscription year commenced appropriately with the Diwali issue. The October and November copies reached many eager young readers, teachers and parents throughout this country and also some places abroad.

Indian Language Supplements: To meet public demand and implement our national policy eight pages of interesting matter is provided in Hindi. This should be of value not only to the Hindi speaking child but also to the many children who are looking for something interesting and attractive on which to practise their newly acquired language ability.

It is proposed to bring out a separate Hindi edition in the very near future. We request our readers especially those in a position to place large orders for schools and libraries to communicate with us.

Appreciation: A large number of letters has been received from our readers and wellwishers appreciating the way the Magazine meets a long-felt need. Extracts from a few of them are given in the magazine. We desire our readers, Indian and foreign, to share with us their suggestions and reactions. How else can the magazine be made to youth's measure? While we are naturally grateful for this encouragement, we would urge the well wishers of SUNSHINE to *exert* themselves to see that this much needed monthly reaches as many children as possible.

SOME educational authorities believe that this magazine can serve as a teaching aid broadening the background of the teacher and equipping him with news and general knowledge that would make his teaching more interesting, more educative and more accurate. Teachers themselves have used some of the material with classes of children who could not understand the language. For this reason some schools are ordering copies for each class. Also the children's own use of leisure has been tactfully guided by parents who found in the pages of SUNSHINE useful suggestions. It is therefore expected that schools and homes all over the country will avail themselves of the service of this much needed periodical which supplements their contribution.

Background: The Editor's 25 years' experienec as professor of Education, Divisional Educational Inspector of European Schools in Bombay State, plus his three years ('48-'51) as Educational Attache in the Indian Embassy in U.S.A., might be some guarantee to parents and heads of schools of a progressive and effective approach. As District Commissioner of Bharat Scouts and as Rotarian in charge of Youth Service and International Service, he has had further experience in working for and with young people. Recently he has rejoined the Rotary Club of Poona and has also been appointed the District Commissioner of Scouts, Poona City Division. Now as Principal of Shri Shivaji Prepartory Military School in Poona, he continues to have the necessary contact with high school pupils.

Don't miss the Republic Number! It's new in many ways.

VOL. 1 NO. 3

SUNSHINE

DECEMBER 15, 1954

PROGRESSIVE CHILDREN'S NATIONAL MONTHLY
WITH A WORLD VIEW

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Till recently Principal, Govt. Teachers College, Belgaum. Formerly Educational Attache, Indian Embassy, U. S. A. One time Inspector of European Schools, Bombay State. Prof. of Education, Kolhapur and Mysore.

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SUNSHINE

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Approved and Recommended for use in Schools and Libraries by the Directors of Public Instruction of several States.

FROM THE PUBLISHER—

To Educational Authorities:

Knowing how children yearn for reading materials outside their text books and how badly they need general knowledge and a world outlook, you will, it is hoped, strongly recommend this magazine to the schools in your charge and also make sure that the pupils get the fullest benefit from this progressive educative agency. Your suggestions and contributions will be very welcome.

To Schools:

This is intended to be an All-India Schools' Magazine. The best literary or extra curricular performance of pupils will be given space here, also helpful progressive ideas tried out in the schools.

Monthly or weekly magazines from schools will be placed on an exchange basis. Others will be welcome.

We will be glad to have SUNSHINE reviewed in the school magazine.

The Editor would like teachers, heads of schools and pupils to regard this as their own publication and send contributions.

To Advertisers:

Undoubtedly you will realize the potential value of this Home and School Magazine for publicizing your relevant commodities the country over. Apply to "The Advertising Manager, SUNSHINE, Poona 5" for Contract rates, availability of space and any further information that you may require.

To Agents:

Accredited Representatives are wanted everywhere.

All correspondence regarding agency rules, individual and bulk supplies, change of address, etc., should be addressed to "The Circulation Manager, SUNSHINE, Poona 5."

To Principals:

Here is something you can safely place in your pupils' hands; your teachers should be able to draw on the useful materials given here. You will need several copies to go round. Maybe your school can sell copies and secure subscriptions through pupils and add to your Poor Fund and other collections. Please pass on your pupils' reactions and comment helpfully on style, matter, etc.

Kindly state at once the number you need of this combined edition *and* of a possible separate HINDI edition.

To Our Friends Abroad:

We would appeal to our well-wishers and fellow-workers abroad to assist us in securing relevant source materials, magazines and appropriate articles and stories. A magazine aiming at promoting a world view and international friendship needs also pen-friends, lists of individuals, schools, libraries, youth organizations and such other bodies as are responsive to these ideals of this broadening magazine.

To Scouters & Guiders:

Funds may be earned for the Troop, Company. Local Association or individual by Spreading SUNSHINE. For every THREE subscriptions of Rs. 5/8 each sent, scouts and guides will get Rs. 4/-. This is a NEW KHARI KAMAI IDEA warmly supported by the Bombay **Bharat Scout.**

Post Free Subscription Rates:

Single Copy	Rs. 0-8-0		
Yearly	Rs. 5-8-0	Sh. 13	$ 2.00
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All out-station cheques must include necessary banking charges.

SOMETHING TO THINK ABOUT

We cannot survive without enlarging our hearts. The real issue before us is to wipe out poverty and illiteracy, to remove untouchability and casteism, and to cast off disparities.

—Acharya Vinoba Bhave

The Editor Chats

A HAPPY NEW YEAR

ONE of the factors which adds richness to Indian life and thought is the presence in India of many religions and therefore of many festivals. We began with Diwali, the Festival of Lights. This month we turn our thoughts to Christmas—the birthday of Christ—which also is a festival of lights.

Christmas has been through all the ages linked with the idea of giving—giving gifts, giving happiness. As the writer of the article on Christmas has pointed out, it is a festival observed in more parts of the world than any other. And just as well. For the festival of giving rightly belongs to men of goodwill everywhere.

It is essentially a children's festival. That is why toy shops are so gaily decorated during this season. There are toys and boys and books and books. But Christmas or New Year or for that matter Birthdays are not made happy by merely gifts that are gay and glittering. If they promote [illegible] of the gifts can be shared or be used [illegible] there is so much to be said [illegible] The idea of sharing needs to be stressed all the while and from the [illegible] years of a feeling of brotherhood [illegible] service is to be developed. [illegible] a lot of truth in those lines, "I can't [illegible] till I make you happy too."

[illegible] necessary for us all to remember that [illegible] blessed to give than to receive. [illegible] always someone lower, someone weaker whom he can [illegible] Welfare State can come into being [illegible] everyone of us thinking of the state of welfare of others. The spirit of Christmas, like the spirit of Divali, is not meant for one day or one week. It should be exhibited throughout the year and every day. At Christmas time the ideal is featured and Christmas time the ideal is featured and stressed in order to focus notice on this activity or quality, but it is meant to be a life-long qualification.

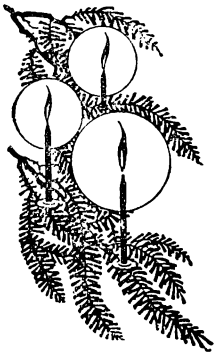
The New Year has a better chance of being what we wish it to be if it is built on the habit of thinking of others, the habit of putting 'service above self.' Happiness is what all of us wish to all others and ourselves during the coming year. It is in our hands, Happiness is born a twin and cannot thrive except in company. I am reminded here of the motto or emblem of a leading school I saw in Kentucky U. S. A., "Be a lifter, not a leaner."

Yes, if you start the year in this spirit it will be a NEW YEAR indeed. You will move away from the centre of the circumference. You then will adopt a new attitude towards others, a new attitude towards duty, a new attitude towards life, a new attiude towards yourself.

The year 1955 is dawning. We hope for you the year will be both new and happy.

G. L. Mirchandaya

A Merry Christmas and A Happy New Year to the readers of SUNSHINE



The Festival of Christmas

by B. C. Borges

The Festival of Christmas needs no explanation, for there is no other feast as universally celebrated as Christmas. It commemorates the birthday of Jesus Christ. Christ's mass is the special church service held at midnight. It is a season of joy and mirth, of peace and happiness. The angel announcing the birth of Christ to the shepherds on the plains of Bethlehem said: "Peace on earth to men of goodwill." Perhaps at no other time of the year do people feel so largehearted and generous. The spirit of giving is in the air. In many countries paper-lanterns in the shape of stars are put up and candles placed in the windows. The star is the symbol of the Star that guided the wise men to the place where the Christ child was born and is meant to welcome the poor and the wanderer. Gifts of food and clothing are sent to the needy with only the message "for Christ's sake." No one is ever turned away from the door at this time.

It is also the custom for children to receive presents. The practice of hanging up stockings in the hope that Santa Claus will fill them on Christmas night dates back to the time when St. Nicholas lived. He was well-known for his care of the poor and for his great kindness to children. In the village was a farmer who badly needed some money for his daughter's marriage. St. Nicholas, not wishing to embarrass the farmer by offering the amount personally, quietly went by night (which happened to be Christmas Eve) and dropped a purse of gold down the farmer's chimney. In the morning the youngest daughter was much surprised and delighted to find a purse of gold in one of her stockings which she had hung up to dry. Hence the belief that Santa Claus (abreviation of St. Nicholas) comes down the chimney and fills the stockings of good little boys and girls with presents (he has only a birch switch for the naughty ones!).

Another symbol associated with Christmas is the Christmas tree, which you see on almost every Christmas Card, decorated with light and gifts. Its origin is widely disputed but Germany is usually referred to as its birth-place. This belief is fostered by a story told of Martin Luther's first Christmas tree. Walking home on Christmas Eve, he was awed and thrilled by the beauty of the stars as seen through the tall forest pines. Finding words inadequate to describe the scene, he rushed out and cut a small ever-green. Then he brought all the candles in the house and fastened them to the tree's branches, illuminating his poor home. The lights have become symbolic of the great Light which has illuminated the world, since a tiny Babe was born in far-off Bethlehem.

A CRIPPLED CHILD AND A KITE

CAPT. RATNAMBERDUTT CHANDOLA

RAMESH was the only child of his doting parents. They always worried about him as he was a victim of infantile paralysis. The best of medical attention, parental care and constant nursing would not make the unfortunate child stand on his legs.

Ramesh was very fond of spending his evenings on the banks of the Yamuna River, watching the setting sun. Quite a lot of young children assembled there to laugh and play. Ramesh being crippled, could hardly move about. He used to keep sitting in a folding canvas-chair beside his faithful maid-servant, Gangubai.

One evening, while Ramesh was meditating over his lot, he heard the report of a gun which resounded over the whole area around him. Presently, he saw the casualty. It was a bird—which seemed to be a kite—falling down near the very bank of the river on which he was seated. It dropped down on the water and was eventually swept ashore. Ramesh was deeply moved at the sight of the bird. Gangubai was not there. She had, perhaps, gone to have a chat with the other ayahs on the shore. There was only one course open for him. With great difficulty Ramesh got down from his chair and crawled to the shore. But even then, it was hard to lay his hands on the bird. He had a brain wave. He took off his upper and, laying himself on the ground, threw it at the bird, hooked it skilfully and caught it gently. Holding the bird in his right hand, he crawled back to his chair and shouted again for his ayah, who presently returned from her chat. Gangubai readily took charge of the bullet-struck bird and rendered first-aid, as best as she could, to the wing which had been broken.

Back home with the wounded kite, Ramesh related the story of the shooting tragedy to his parents. They showed great concern over the matter and took charge of the unfortunate and suffering bird. From that day on, if Ramesh had any aim in life, it was to comfort and nurse the kite—whom he called "Sathi" or "Pal"—his only ambition being to see the bird flying up once again! "How nice it would be to see my dear Sathi flying up and up and up . . . ! "—Ramesh used to think aloud.

Many days passed, but Ramesh waited in patient expectation. One day the bird started hopping about once again. Ramesh was so happy that he himself wanted to jump and dance—but he was unhappily not destined to do so—his own crippled legs stood in the way! What a pity! Yet, Ramesh was a brave boy. He was determined to see the bird fly. So, he took his little Sathi to the river-side and gave it a light flying exercise. Lo! the kite took flight, higher and higher, until it reached a close by house-top.

Just when Ramesh was rejoicing at seeing the bird shooting up and down, a venomous snake appeared from behind the bushes and crept towards Ramesh. Poor Ramesh was not in the least aware of the danger. Suddenly, the flying kite spotted the enemy and swooped like a lightning flash over it and snapped it before it could give a fatal bite to its saviour. Ramesh's eyes followed the swift movements of the kite and for a moment, he remained motionless with horror. But, as soon as he had grasped the situation, he was jerked up to a standing position as though by a magic wand, and ran from that dangerous spot a little distance for safety. In this dramatic way, he made a wonderful discovery about himself: he was able to walk; he was able to run for safety; he was no more a crippled child!

Thus the saviour was saved by his faithful pal—the kite.

THE JOY OF LIFE

By R. R. DIWAKAR, *Governor of Bihar*

Suffer little children to come unto Me for of such is the kingdom of Heaven.
Jesus Christ.

THE two main characteristics of children which are emphasised here are innocence and joy. And certainly the Kingdom of Heaven would cease to be one, if these are not there. Rightly therefore has Christ said that we should be like children if we want to enjoy heaven here and now. Elders who are usually deficient in these two gifts should appreciate them all the more and try to cultivate them in themselves as well as promote them among children.

Innocence and joy—what great and life-giving words they are! Children are the very picture of them. But the problem with them, as with society, is how to preserve these characteristics through life and how to transform present-day society into one which consists of more men and women who have these qualities. How shall we make innocent joy reign supreme in life and how shall we create more and more joyful innocence so that it may drown all other evils?

Fortunately for us, both these are contagious and the most serious-minded, if left in the company of children, would all too soon begin to dance and sing! In fact, in spite of all the serious theories about the origin of creation, it seems that it is out of joy that creation takes place. Therefore, the highest joy that man is capable of enjoying, is the joy of creation—creative joy. The poet, the artist, and others who have the gift of creation, like the loving mother, would give anything in order to create and it is this urge and its fulfilment that are at the root of all that is really great and enduring in Art.

It is by great effort and untiring *sadhana* that philosophers and saints acquire this poise of joyful innocence. Seen against this background, one would see how blessed are children. The only difference between the mature philosopher and children is that the former attains his status through understanding and after a struggle with evil force within himself, while the latter enjoy that status by living a life of nature.

Those in charge of the education of children may well attend to this aspect of children's life so that they do not unwarily trample upon the sprouts of joy that seek to see the daylight and dance in the sunshine of new creation.

HERE IS A HINT

To solve your GIFT problem

FOR CHRISTMAS, NEW YEAR

& BIRTHDAYS

ORDER SUNSHINE &

ensure 12 reminders of

YOUR KIND THOUGHT.

Manager, SUNSHINE, POONA 5.

COVER PAGE PHOTO

Every year, the American 'N. B. C.' radio net work organises in Washington, D. C. an International Children's Christmas Party which can be seen by television and heard by radio all over America and abroad. Children from the Embassies, representating all countries take part, demonstrating that there are no boundaries between children. Here, Santa Claus is seen singing 'Jingle Bells' with children from Czechoslovakia, Iran, Greece and India.

Mechanical Heart

A RECENT invention in medical science is the "mechanical heart". The pumping mechanism of the "mechanical heart" empties the patient's heart of blood so that the surgeon can see the interior of the heart instead of depending on his sense of touch. The mechanical heart takes over the job of circulating the patient's blood. The heart machine was built by a team of medical and engineering research men from the General Motors Research Laboratories and the Michigan Heart Association.

Noble Prize for Medicine

THE Nobel Prize for medicine has been awarded to Drs. J. P. Enders, Thomas Weller and Frederick Robbin.

All three are doctors from Boston. In 1949 they developed a method of cultivating the polio (infantile paralysis) virus which later led to the discovery of the vaccine.

Dr. John Enders and his co-workers are attached to Boston's Children's Hospital.

* * *

The Andaman Islands, 700 miles south of Calcutta in the Bay of Bengal are becoming a new settlement for India's overflowing population. Transportation, 10 acres of land, household utensils, seeds and farming implements are given free to each new family. Thousands of acres of forest land have been cleared. Rice, sugarcane, corn, citrus fruits, tea and coffee are being grown.

Free Lunches for Ten Million American Children

In most of the schools in the United States children no longer eat cold lunches at their desks or outside the building. U. S. Schools today provide them with a noon meal attractively served. It is a balanced meal of meat, vegetables, milk and other foods.

In 1944, for the first time the Central Government provided cash to the States to buy food to supplement what was already distributed by Federal Government. The programme worked so well that the U. S. Congress in 1946 by enacting the National School Lunch Act put it on a permanent basis.

At present, nearly 10 million children are getting nutritious lunches under this programme in more than 57,000 schools. Federal assistance to the extent of 25% is available. The remaining 75% is borne by States and local Governments, local organizations and parents. State educational agencies administer the programme. U. S. Department of Agriculture specialists plan and inspect lunchrooms and work with the schools and State agencies to improve diet and facilities.

U. N. Aid for the Underdeveloped

Great Britain and the Soviet Union have announced that they will contribute 2,240,000 dollars and one million dollars respectively to the 1955 United Nations programme of technical aid for underdeveloped countries. Canada is to contribute one and a half million dollars.

GIFTS OF BOOKS AND MAGAZINES on and for children are welcome from friends of children abroad.

POONA 5, (INDIA)
SUNSHINE LIBRARY

A Tribute to the Unknown Teacher

And what of teaching? Ah, there you have the worst paid, and the best rewarded, of all the vocations. Dare not to enter it unless you love it. For the vast majority of men and women, it has no promise of wealth or fame, but they, to whom it is dear for its own sake, are among the nobility of mankind.

I sing the praise of the unknown teacher. Great generals win campaigns; but it is the unknown soldier who wins the War.

Famous educators plan new systems of pedagogy, but it is the unknown teacher who delivers and guides the young. He lives in obscurity and contends with hardship. For him no trumpets blare, no chariots wait, no golden decorations are decreed. He keeps the watch along the borders of the darkness and makes the attack on the trenches of ignorance and folly. Patient in his daily duty, he strives to conquer the evil powers which are the enemies of youth. He awakens sleeping spirits. He quickens the indolent, encourages the eager, and steadies the unstable. He communicates his own joy in learning and shares with boys and girls the best treasures of his mind. He lights many candles which, in later years, will shine back to cheer him. This is his reward.

Knowledge may be gained from books, but the love of knowledge is transmitted only by personal contact. No one has deserved better of the Republic than the unknown teacher. No one is more worthy to be enrolled in a democratic aristocracy, "King of himself and servant of mankind."

Henry Van Dyke

Careers

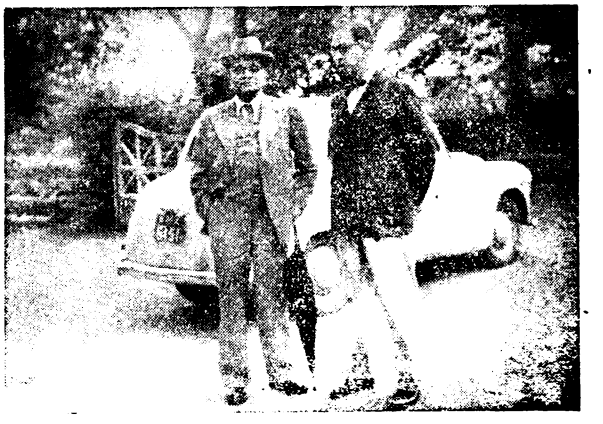
4. TEACHING

by DR. RAGHUNATH P. PARANJPYE

Formerly High Commissioner in Australia

It is usual to refer to a teacher's profession as a sacred calling. Eloquent tributes are paid to it by those who preside at school or college functions of a ceremonial character or even by those whose responsibility it is to see that the teachers get a fair deal. It is of course true that the profession offers several attractions. Contact with young growing minds is invigorating as the pupils are not too sophisticated and it is easy to appeal to their better instincts if the pupils have respect for their teachers. The comparatively long periods of vacations is also another advantage. The feeling that one can influence young boys and girls and enable them to grow into useful citizens must be very satisfying to every lover of humanity. Intellectual work is preferred by many and a teacher who is interested in [illegible] will welcome the opportunity [illegible] with their latest developments. A student of psychology has a ready-made laboratory in his class room. Above all every competent teacher retains for ever the love and respect of his pupils, and one of his most pleasant experiences is to meet a former pupil in his old age and be reminded of some small incident which he might have entirely forgotten but which the old pupil vividly remembers as having had a tremendous influence for good on his future life. But to enjoy thoroughly all these advantages the teacher must truly love his profession and should have taken to it as a kind of mission and not as something undertaken for want of anything better.

At the same time the profession, except in its highest levels has many disadvantages. Most of the work is mechanical and boring.



Dr. Paranjpe who presided over the Inauguration of SUNSHINE is received by the Editor.

The profession is regarded by far too many people in their heart of hearts as not quite as essential as that of a doctor, an industrialist, an administrator or a judge, and there is a general tendency to turn a deaf ear to his needs and grievances, for he has no nuisance value. The profession can never enable anyone to get rich, and even moderate competence is not always possible for a teacher. In circles which rate a man's worth by what he earns, he occupies a very humble place indeed, and in some parts of the country the teacher's job is regarded

(Continued on p. 28.)

THE HELICOPTER

EVER since man first learnt to fly, he has been trying to get more and more control over his flying machine. An ordinary aeroplane depends on its forward speed for the 'lift' which enables it to stay in the air, and unless it has a certain minimum speed —exactly how much depends on the size and shape of the wings, the weight of the plane, etc.—it will fall like a stone. Not so the helicopter which generally has no wings, and is lifted instead by its giant horizontal rotors which work much like a ceiling fan, pushing the air down. By its very nature, the helicopter is capable of rising and descending vertically or of hovering absolutely motionless in mid-air, making it very useful for emergency rescue operations in mountain areas or at sea. In the Korean war, by their ability to go almost anywhere without requiring air-fields, helicopters saved the lives of thousands of wounded men. Also, for short distance trips, passenger-carrying helicopters, with a speed of 150 m.p.h., are much better than regular planes, and are in regular use between Paris

DEMONSTRATION OF NEW WINGLESS AUTOGIRO: At the London Air Park, Hanworth, Foltham. Middlesex: A picture demonstrating the possibilities of the new wingless autogiro by handing out a parcel whilst hovering in the air.

Nursing orderlies strap a casualty on to a stretcher on the outside of the helicopter. This method of casualty evacuation is useful for use in areas where there is no air strip.

A picture that demonstrates how casualities can be brought from places remote from an air strip. Here a Sikorsky Hoverfly takes off carrying a casualty strapped to an external stretcher. The range of the helicopter is some 200 miles, so the machine is ideal for work between forward areas and clearing station behind the lines.

and Brussels for carrying mail. The British Post Office also is making use of helicopters. Many advances in helicopter design have been made in America, largely through the work of Igor Sikorsky, a Russian-American aviator, who lost a leg in World War I, but did not abandon flying. Recently, in the State of Texas, a new skyscraper hotel has had part of its flat roof laid down as a 'heliport.' There is no doubt that as time goes by, helicopters will be used more and more for short distance flying, since on regular aeroplane journeys today, nearly a fourth of the total time is spent in going coming from the air-field!

In early days, the small one or two-passenger helicopters were known as 'whirlybirds' or 'egg beaters', but they are being built bigger and bigger till today, some can carry a jeep as well as ten or twelve soldiers! These giants have two rotors, one at each end of their banana-like 'fuselage' or body.

Helicopters are being used in India for low level crop spraying to check diseases and for inspection flights by officials.

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Use AFGHAN SNOW for just four days then feel your face... so smooth, so velvety soft, so supple! No matter what creams and snows you may have used before, you will feel the difference. AFGHAN SNOW works wonders by nourishing and cleansing your skin thoroughly. It is a non-greasy skin food that also protects the skin from sunburn and extreme cold. Switch over to AFGHAN SNOW for a better complexion.

AFGHAN SNOW

ESP

Patanwala

FOR PERFUMES & COSMETICS

A Malayalee Folk Tale

THE FARMER'S CURE FOR LAZINESS

by PADMA VARMA

IN A small village known as Chittur in Cochin, there lived an old man named Kittu. In his youth he was very hard working, but when he became too old to work, his two sons, Sanku and Nanu, who had always enjoyed living on their father's labour, refused to take up their father's occupation of looking after cattle.

Old Kittu used to earn enough for his sons and for himself as he loved his boys very much. But when Kittu could not work any longer, he found that his sons were of no use to him for they were very lazy. Kittu was very worried. He wanted a plan by which he could make his sons work hard. He looked at his hut in which he had lived all his life. There were the lovely grass plains stretching in front of his eyes and his eyes grew dim with tears when he thought that his cattle, which were gently grazing on the meadows, would never be looked after by his sons. He shook his head. At any cost he must not let these innocent creatures suffer. At last Kittu's old and wrinkled face broke into a wide smile.

Having arrived at a decision, he shouted, "O, Sanku! O, Nanu! Where are you? O, Lord! how these modern boys sleep!" Hearing this, Sanku, who was the elder of the two, said, "Nanu, you are the younger one. You get up and attend to father. Let me sleep longer." Nanu would not listen to him. "Sanku, you are father's first-born and so, you should get up."

While they were arguing as to who should get up first, Kittu himself walked into the hut and said to them, "Look here, my sons, I am very old and I cannot earn much money. But I know that you do not like to tend cattle. So I have thought of a plan which you will like very much." Both Sanku and Nanu sat up with a jerk and said, "Father, what is it? Do tell us. Then old Kittu told them what was in his mind. "I have a little money with me and I have bought some nice caps with it. Both of you, my sons, will take the caps to the town and sell them. But, mind you, you will have to walk a long distance. Would you like that?" "O, father," shouted the boys, "how kind and generous you are! What would'nt we do to go to the town?"

The next day Sanku and Nanu got ready to go. The sun was shining brightly as they wended their way to the town. They were walking along the narrow causeway between the rice fields. Presently Sanku said, "Nanu, I am tired and thirsty. I want to rest." Nanu said, "O, no, if you take rest now, we shall never reach the town. I am in a hurry to see all those lovely sights there." They walked on. They suddenly

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came to a row of coconut palms on the bank of the river. The brothers decided to climb up one of them and pluck coconuts. They drank the water from the coconut and ate the kernel.

After satisfying their hunger and thirst, they walked on with refreshed spirits. They admired everything they saw: the little green hillocks, the unending paddy-fields, the huge mango trees which afforded shelter from the scorching heat of the sun, etc. Even the birds claimed their attention.

At long last they reached the town. And what was their surprise when they found that there were so many people who were selling caps? They joined with them and shouted, "Caps for sale! Caps for sale!" They walked with the caps everyyhere. But no one cared to buy even one. After shouting for an hour, Sanku said, "Nanu, I call a halt to this. I am tired and I want to have some food." "Yes, Sanku, you are right. But where will we get our food? We have not sold a single cap. We will not be able to buy any food since we have no money with us. Sanku said, "Let us go back home. As for me, this trip to the town has taught me a lesson. I would rather stay in father's humble hut and look after the cattle than walk ten miles a day with the caps which we will never sell."

The brothers, tired and hungry, began their journey. Their pace was slow; they made their way towards their home. What was their pleasure when in the distance they saw their father sitting on a mound looking after his cattle? The sight gave them strength to run and their faces were brimming with joy when they reached their father.

Kunti saw them and guessed what had happened. "Hello, my sons! How many caps did you sell?" Sanku and Nanu hung

(Continued on p. 26.)

TALES FROM THE FOLKLORE OF OTHER PARTS OF THE COUNTRY ARE INVITED. Ed.

THE STRANGEST ANIMAL IN THE WORLD

Within a few months of the sensational arrival of Ramu the Wolf Boy, Lucknow has once again come into the limelight. This time it is, perhaps, the strangest animal in the world. It was captured from the Mall in Kanpur and is now lodged in the Lucknow Zoo.

It is a scaly monster, five feet long and seems to be a hybrid of a snake, crocodile and tortoise. But it is a warm-blooded mammal which suckles its young. It has five fingers and five toes and gives birth to a single young, rarely two—all which characteristics bring it quite close to man.

Yet, its long five-foot body is covered from head to tail with large overlapping hard scales. It has a pointed snout, a long protruding tongue and no teeth at all. Besides it rolls itself into a ball so tight that it is almost impossible to unroll it.

The Pangolin (that is the animal's name)

(Continued on p. 30.)

Man: Did you catch all those fish yourself?

Boy: Oh no! I had a worm to help me.

* * *

Lady: Waiter, there is a fly in the soup.

Waiter: It can't be a fly, Madam. It must be the Vitamin bee.

* * *

Son: Father, you need not buy me new books this year.

Father: I am glad you are being careful my boy.

Son: It's not that Father; I am detained in the same class.

* *

Father: Your studies are costing me a good deal.

Son: Yes, father, I must try and not study so much.

* * *

Teacher: Why should we try and rise by our own efforts?

Bright pupil: Because there's no knowing when the alarm clock will go wrong.

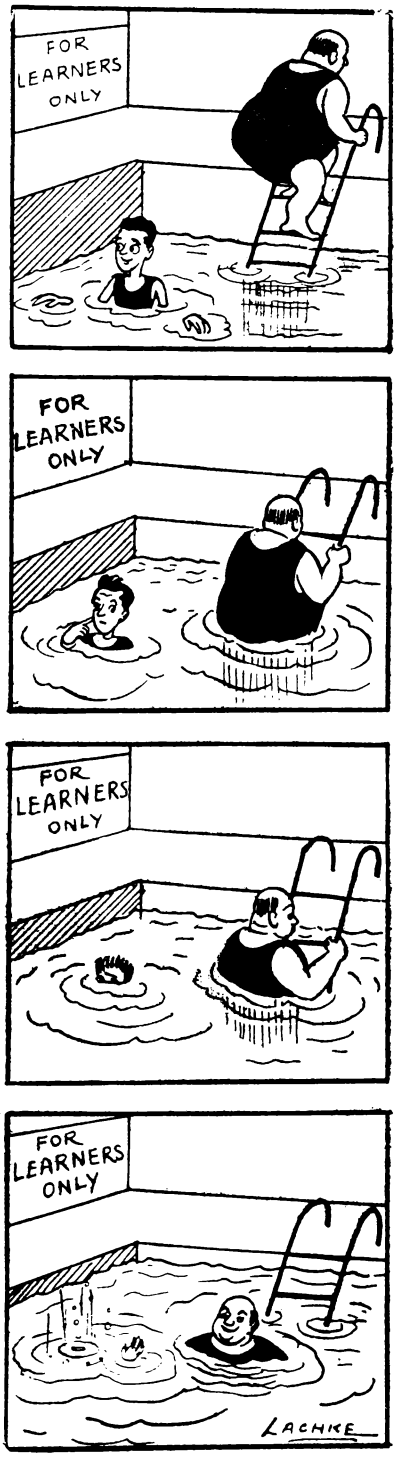
* * *

Sheila: The people next door must be awfully poor.

Mother: What makes you think that?

Sheila: Well, you should see the fuss they are making just because the baby has swallowed a four-anna bit.

Balaji learns to Swim



GENERAL KNOWLEDGE QUIZ

1. Which was the first newspaper to be sold in India and when?
2. What is the Indian name for Trichinopoly?
3. Who wrote these lines:
   "Peace hath her victories
   No less renown'd than war."?
4. What is the capital of Hongkong?
5. What do the following stand for?
   (a) N. A. T. O.
   (b) F. I. C. C. I.
   (c) P. V. C.
6. Who is the Prime Minister of Australia?
7. An electric train is moving northwards and the breeze is blowing southwards. In which direction does the smoke go?

* * *

When and by whom were the following invented or first used?

1. Aeroplane.
2. Gramaphone.
3. Petrol Engine.
4. Wireless.

RIDDLES

1. Why is a five rupee note better than five rupees in coins?
2. Why is a sculptor's death a most terrible one?
3. What is most like a horse shoe?
4. What is the difference between a lazy boy and a fisherman?
5. What are the most amazing of all meals?

Answers on page 34

CARD TRICKS

Card tricks make up, perhaps, the broadest field of magic. There are many magicians who specialize in card tricks only, and the skilful sleights and passes that are possible with cards are numberless. On the other hand, there are many puzzling tricks with cards that require very little skill.

Before attempting to perform card tricks, however, the amateur magician should first learn to shuffle and deal cards with ease and accuracy. If he handles the pack clumsily, the people watching him will quickly realize that he is not performing feats of skill; but if he proceeds with smoothness, they will attribute his tricks to skill in sleight-of-hand, and will take an interest in his performing.

The Colour-changing Card

This is a very smart and surprising trick. The magician turns the top card of the pack face up and shows that it is the six of diamonds. He throws the pack upon the floor, and the card instantly changes into the six of spades.

METHOD: The second card of the pack is the six of spades. Just before dropping the pack, push the two top cards, as though they were one, about three-quarters of an inch over the side of the pack. The pack must be thrown squarely upon the floor, and not too violently, or the cards will scatter. The presure of the air causes the two top cards to turn over, so that the six of diamonds falls face down, while the six of spades comes face up. To the observer, it appears as though the six of diamonds has magically been transformed into the six of spades in the twinkling of an eye.

* * *

Christmas Sweets

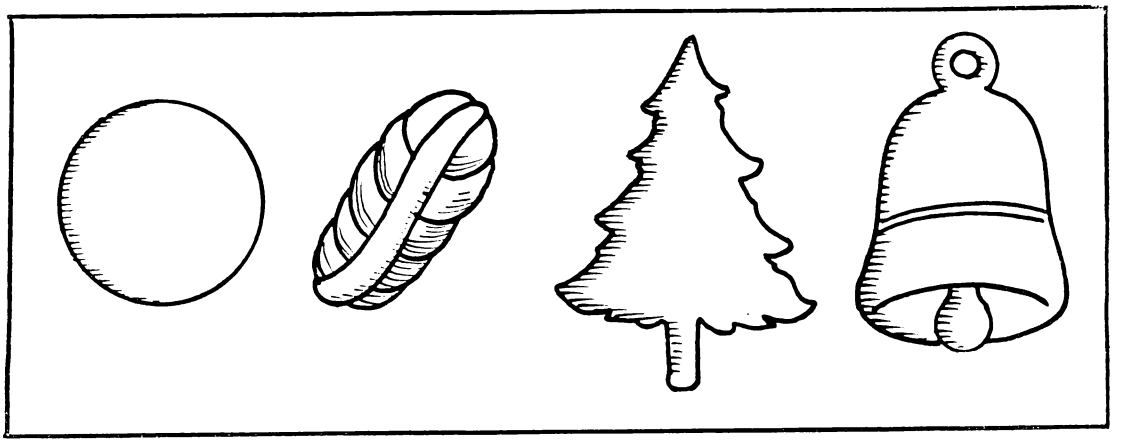
KAL KAL—South Indian Sweet

½ a cup fine sugar
½ a cup rice flour
½ a cup thick cocoanut milk
Dalda for frying
1 table spoon butter
1 egg
⅛ teaspoon of salt
about 2 cups *maida* (American flour)
1 cup sugar for syrup

American cookies

½ cup fine sugar
¾ cup butter
3 cups flour
1 egg
¾ teaspoon baking powder
⅛ teaspoon salt
flavouring.

Mix the sugar and butter first and then add egg and flavouring and beat till light



Mix the butter, sugar and egg, beating with wooden spoon till well mixed. Add the salt, essence and cocoanut milk (milk may be used if fresh cocoanuts are not available) Lastly add the rice flour, spoon by spoon and then the maida. The dough should be very stiff. Make into small balls and press into flat rounds. With the help of a fork shape them into little shells and spread out on flat dishes. It is fun for all the children to get together at this job as it takes a long time. Fry the shells, a few at a time, in deep, hot dalda. If the dough is really stiff they will not lose their shape.

Now make a syrup with the sugar and a cup of water. Stir well with a spoon and then place on a slow fire till the sugar is melted. Add a few drops of vanilla essence and leave to cool a little. Put a few of the Kal kal at a time into the syrup and remove at once. Place on a buttered flat dish. The syrup will dry and turn white.

and fluffy. Sift the flour (keeping back a little for rolling) salt and baking powder together twice and then add slowly to the mixture. Be sure your hands are very clean and dry. This dough should not be very stiff so you will need dry flour to dip your hands into and to sprinkle on the board. If you have fancy cutters roll the dough ⅛th. of an inch thick and cut out. Dip the cutter into dry flour first each time. Otherwise you can shape it with your fingers into stars, trees and bells or any other fancy shape you like. Bake in a hot oven for about 10 minutes. When finished decorate with coloured icing. For the icing use 1 cup of icing sugar and 2 tablespoons hot water. Do not boil. Add a few drops of essence and colour and mix well. If you do not have an icing decorator just spread it over with a knife. Before it dries sprinkle on top with broken nuts.

* * *

क्रिसमस-अंक

स न शा इ न

हिन्दी-विभाग

सम्पादक:
डॉ. जी. एस. कृष्णय्या

(प्रगतिशील छात्रों का अपना पत्र)

सह सम्पादक:
कैप्टन रत्नाम्बरदत्त चन्दोला

प्रथम वर्ष ◎ ◎ ◎ दिसम्बर १९५४ ◎ ◎ ◎ तृतीय अंक

विश्वास

सौ-सौ निराशायें रहें विश्वास यह दृढ़ मूल है-
इस आत्म-लीला-भूमि को वह विभु न सकता भूल है।

अनुकूल अवसर पर दयामय फिर दया दिखलायँगे,
वे दिन यहाँ फिर आयँगे, फिर आयँगे, फिर आयँगे।।

-राष्ट्रकवि मैथिलीशरण गुप्त

गलती

अगर हुई है गलती तुम से,
तो उसको स्वीकार करो।
गलती उन्नति की सीढ़ी है
उसको चढ़कर पार करो।

गलती की मंजिल तय करके
मनुज 'गुणी' कहलाता है-
गलती नहीं किये बिन कोई
अपने चरण बढ़ाता है?

गलती हो जाने पर केवल
मत न तुम दुख के आघात-
बार-बार यदि गलती हो तो,
सचमुच लज्जा की है बात!

अपनी गलती नहीं दीखती,
कोई और दिखाता है-
शत्रु नहीं, वह मित्र तुम्हारा
जो यों ज्ञान सिखाता है!

कौन नहीं करता है गलती?
यह मानव की आदत है!
गलती को फिर मान न लेना-
मानवता की दुर्गत है!!

किंतु कहो, स्वीकार-मात्र से,
क्या भार किसी का हरता?
'मन के लड्डू' खा लेने से,
क्या पेट किसी का भरता?

गलती होने पर तुम उसका,
मन ही मन परिताप करो-
"अब न करूँगा गलती ऐसी"
यह प्रण अपने आप करो!

सावधान! यह गलती सबको
कदम-कदम पर ठगती है!
सजग न रहने पर यह छिपकर
कायरता-सी भगती है!!

सहन-शील, दृढ़-निश्चय होकर,
निज दुर्बलता दूर करो-
गलती का यों मोचन करके
उन्नति तुम भरपूर करो!

-रामेश्वर दयाल दुबे,
एम. ए., साहित्यरत्न

विज्ञान—वार्ता

चेचक के विजेता,-'डॉक्टर जेनर'

कुमारी बर्था बोजिस

विज्ञान का इतिहास इस बात का साक्षी है कि प्रकृति के रहस्यों को छीनकर नर-नारियों ने मानव-जीवन को सुखी बनाने में अपने आविष्कारों का वीरोचित प्रयत्न किया है। आज से प्रायः डेढ़सौ वर्ष पूर्व एडवर्ड जेनर नामक एक व्यक्ति ने चेचक के टीके की खोज करके एक ऐसा ही महान् कार्य किया था।

जेनर इंगलैण्ड के एक पादरी का लड़का था। इसे बचपन से ही चेचक की बीमारी को दूर भगाने की लगन थी। क्योंकि इस दुष्ट रोग से हर साल इंगलैण्ड के लोग हज़ारों की संख्या में मौत के मुह में चले जाते थे, जो। अच्छे हो भी जाते थे वे बेचारे हमेशा के लिए बदसूरत हो जाते थे। जेनर जब डाक्टरी पढ़ने लन्दन गया तो वहाँ के बड़े से बड़े डाक्टर के पास भी उसे चेचक की बीमारी का इलाज न मिला।

डॉक्टर जेनर

आखिर, डाक्टरी पास करके वह एक गाँव में जा पहुँचा। वहाँ उसे अचानक एक तजुरबा हुआ-"जिन्हें एक बार गाय के थनों पर निकलने वाली शीतला की बीमारी (Cow-pox) हो जाती है उन्हें फिर चेचक की अधिक घातक बीमारी (Small-pox) नहीं सताती! बस, इसी आधार पर डा. जेनर ने एक दूध बेचनेवाली लड़की के हाथों से 'काउ पॉक्स' के जहरीले कीड़ों को निकालकर एक आठ बरस के तन्दुरुस्त बालक के जिस्म में डाल दिया। कालांतर में बालक पर उसका पूरा असर हो गया। इसके बाद डाक्टर जेनर ने फिर उस बालक के शरीर में 'स्मॉल-पॉक्स' के कीड़ों को डाला। यह एक बड़ा भयंकर प्रयोग था। किंतु, डाक्टर जेनर तो अपने धुन का पक्का था। भाग्यवश वह अपने प्रयोग में पूरी तरह कामयाब हो गया! उस बालक पर चेचक के कीड़ों का कुछ भी असर न हुआ। इस प्रकार 'चेचक के टीके' (Vaccination) का आविष्कार हुआ और डाक्टर जेनर का नाम दुनिया के कोने-२ म प्रसिद्ध हो गया। जहाँ संसार के ख्यात-नामा डाक्टरों ने जेनर की इस चमत्कार-पूर्ण खोज की हृदय से सराहना की, वहाँ पश्चिम के धर्म-गुरुओंने भी इसे 'भगवान की देन' के नाम से पुकारा। दुनिया के क्या छोटे क्या बड़े, सब लोगों ने, अपने हाथोंपर चेचक का टीका लगवाने की एक स्वर से स्वीकृति देदी।

डाक्टरजेनर की सर्व-प्रियता की एक कहानी है- उन दिनों इंगलेण्ड और-फ्रांस के बीच घमासान युद्ध छिड़ा था। नैपोलियन ने असंख्य अंग्रेज़ी सिपाहियों को क़ैद कर दिया था। अंग्रेज़ों ने अपने बन्दी-सैनिकों को वापस माँगा। नैपोलियन ने इनकार कर दिया। किंतु, ज्योंही डा. जेनर का हवाला दिया गया, नैपोलियन ने फ़ौरन अंग्रेज़ी क़ैदियों को यह कहकर रिहा कर दिया कि-"जेनर की बात कोई नहीं टाल सकता!" इतना ही नहीं जेनर के महान् व्यक्तित्व पर मुग्ध होकर रूस की सम्राज्ञी ने उसे एक अंगूठी भेंट की। आखिर, डाक्टर जेनर के बचपन का सपना सच्चा निकला और उसे जीतेजी यश की प्राप्ति भी हो गई।

हँसो–हँसाओ !

क़िस्मत का धनी

हरिः–"अरे गोपाल, आज मेरे ऊपर से रेलगाड़ी निकल गयी !"

गोपालः–"सच, तो तुम जिन्दा कैसे बच गये ?"

हरिः–"मैं पुल के नीचे था, और गाड़ी ऊपर।"

चोरी के समाचार

एक चोरः–"मगर भाई, आओ गिन तो लें, कितना रुपया पल्ले पड़ा ?"

दूसरा चोरः–"अब रहने दे यार, मैं बहुत थक गया हूँ, कल के अख़बार से सब मालूम हो जायेगा !"

होशियार बेटा

माँः–"बेटा, तू यह कैसी दियासलाई लाया है, इसमें तो एक भी तीली नहीं है !"

बेटाः–"माँ, ख़रीदते समय मैंने सब तीलियाँ जला कर देख लीं थी कि कोई सीली तो नहीं है!"

आशावादी

जेल का वार्डनः–(क़ैदी को छोड़ते हुए) "भाई क्षमा करना, गलती से तुम्हें यहाँ एक हफ्ते अधिक रक्खा गया है!"

क़ैदीः–(शान से) "कोई फिकर नहीं भाई, मेरे हिसाब में लिख लो, अगली बार चुकता हो जायेगा !"

आलसी

पत्नी :–"यह खड़ खड़ की आवाज आ रही है, देखो शायद कोई चोर घुस आया है !"

पतिः–"अँधेरे में क्या देखूं? दिन चढ़ने दो, तब देख लिया जायेगा !"

रामभरोसे

रामः–"अरे मोहन, तेरे घर में आग लग गयी है, और तू यहाँ बैठा है, क्या तुझे मालूम नहीं ?"

मोहनः–"हाँ, मालूम है, भगवान से प्रार्थना कर रहा हूँ कि पानी बरसा दें।"

– सन्तोष (१३ साल) बरेली

डाक्टर या बढ़ई

बर्मा की लड़ाई में सिपाही मानसिंह दुश्मन की गोली खाकर बुरी तरह से घायल हो गया था। यहाँ तक कि उसकी जान बचाने के लिए डाक्टरों ने उसकी दाहिनी टाँग काट डाली। कुछ समय के बाद मानसिंह को एक लकड़ी का पैर सरकार की ओर से मिला। एक दिन जब मानसिंह अपने लकड़ी के पैर के सहारे खुली सड़क पर चल रहा था तो अचानक एक मोटर के नीचे दब जाने से उसकी टाँग टूट गई। मोटर में बैठे हुए सज्जन एकदम बाहर निकलकर आए और दुःख प्रकट करते हुए मानसिंह से बोलेः–

"चलिए, मैं आपको किसी डाक्टर के पास लिए चलता हूँ। वे आपकी मरहम पट्टी कर देंगे।"

"धन्यवाद ! लेकिन साहब, मुझे 'डाक्टर' की नहीं, बल्कि एक 'बढ़ई' की जरूरत है, जो ठोक-पीट कर मेरी टूटी टाँग को दुरुस्त कर सके !"– मानसिंह ने हँसते हुए कहा।

वे सज्जन बड़े ही चकित हुए ! किंतु, शीघ्र ही उन्हें पता चल गया कि मोटर की दुर्घटना से न तो मानसिंह के पाँव से ख़ून निकला और न हड्डी ही टूटी ! क्योंकि वह नक़ली टाँग थी !

–मनसुखा

एक ऐतिहासिक कहानी

काश, मेरी माँ भी आपके समान सुंदर होती

श्री रामचन्द्र भट, कर्नाटक विद्यालय, उजिरे

बीजापुर के शासक और मंत्री में एक बार झगड़ा हुआ। ठीक इसी वक़्त सेना में भी खलबली मची। औरंगजेब दाराशिकोह से लड़ने के लिए देहली की ओर चला गया था। बीजापुर की फूट सुनते ही शिवाजी के कान खड़े हो गये। उन्होंने आबाजी सोन देव को बुलाकर कहा कि कल्याण पर धावा बोल दो ताकि बिना खून बहाये गढ़ हाथ में आये।

शिवाजी औरंगजेब का प्रतिद्वंदी था। अगर औरंगजेब हिंदुओं पर जजिया लगा कर हिंदुओं से झगड़ा मोल लेते तो शिवाजी मौक़ा ताक कर उन की रक्षा के लिए जान लड़ा देता। मगर एक मुसलमान को भी अन्याय का दंड नहीं देता। शिवाजी की मुग़ल सल्तनत से दुश्मनी थी, मुग़ल जाति से नहीं। यों उस की फ़ौज में कितने ही मुसलमान ऊँचे-ऊँचे ओहदों पर काम करते थे। वह सब से प्रेम का व्यवहार रखता। पर अन्याय का जबाब अन्याय से ही देता। निरपराधी प्रजा को कोई नुकसान नहीं पहुँचने देता। स्त्रियों की तो उतनी ही इज्जत करता जितनी कि अपनी माँ की!

आबाजी सोन देव अपनी फ़ौज लेकर कल्याण पर चढ़ाई करने गया। कल्याण में फूट की वजह से सिपाही आपस में एक दूसरे की मानते ही नहीं थे। फिर सिपहसालार की कोई पूछ तक नहीं थी। जब शासक वर्ग में ही बनती नहीं तो प्रजा व सिपाही कब तक मिलकर रहेंगे? सिपाही घर-घर जाकर लूट मार करते और औरतों पर जुल्म करते। प्रजा मानों असहाय होकर ईश्वर का नाम पुकार लेती। अपनी लाज रखने के लिए कितनी ही स्त्रियां जिंदगी से हाथ धो बैठीं। कितने ही घर उजाड़े गये। फिर भी शासक प्रजा की पुकार सुन नहीं पाये। सुनने पर भी राज्य में सुव्यवस्था का प्रबंध वे कैसे कर सकते? ठीक उसी समय आबाजी की फ़ौज आयी और बड़ी आसानी से क़िला हथिया लिया। प्रजा ने खुले आम शिवाजी की फ़ौज का स्वागत किया। वह जानती थी कि शिवाजी उस के सुख को ही अपना सुख मानता है।

गढ़ जब आबाजी के कब्जे में आया तो शाही ख़जाने पर भी उसने कब्जा किया। ख़जाने में जितने भी हीरे जवाहिरात थे, उनको लेकर चल दिया। कई सौ घोड़े, हाथी वग़ैरह लेकर वह शिवाजी की सेवा में लूट का माल सौंपने के लिए प्रस्तुत हुआ। हाँ, वह सब हीरे जवाहिरातों को बटोर कर ले चला था मगर एक रत्न को लाना भूल गया था। याद आते ही कल्याण के सुल्तान की स्त्री गौहरबानू को गिरफ्तार कर के शिवाजी के पास ले आया। वह यह सोच कर फूला नहीं समाता था कि शिवाजी महाराज उस स्त्री-रत्न को पाकर बहुत खुश होंगे और मेरा ओहदा ऊँचा कर देंगे। मगर वह भूल में था!

शिवाजी दरबार लगाये बैठा था और सभी सरदार कल्याण की लूटमार की रिपोर्ट दे रहे थे। आबाजी सोनदेव ने ख़जाने से लूट कर लाये हुए सभी हीरे जवाहिरात शिवाजी को सौंप दिये तो शिवाजी ने उन में से कुछ चुन कर उन सरदारों को बाँटा जिन्होंने देश के लिए बड़े-बड़े कष्ट उठाये थे। जो बाक़ी बचे सिपाहियों में बाँट दिये गये। तब आबाजी ने उठ कर कहा:— "महाराज हमने आपको भेंट में जो कुछ दिया, वह

सब आप हमेशा ही बाँटते आये। एक भी चीज अपने लिए नहीं रखी। अभी एक वस्तु और है, जो आप के लिए ही मैं चुन कर लाया हूँ। इस लिए आप को जरूर उसे स्वीकार करना होगा।"

"लेकिन, मैं तो अपना व्यक्तित्व राष्ट्र के व्यक्तित्व में मिला चुका हूँ। इसलिए जो भी संपत्ति मेरी है, वह सारे राष्ट्र की होती है। सिवा भारत-माता के आशीर्वाद के मुझे किसी भी चीज की चाह नहीं। फिर भी देख तो लूँ, वह चीज़ है क्या?"

आबाजी सोन देव ने गौहर बानू को ले आ कर शिवाजी के चरणों में सौंप दिया और कहा: "यह कल्याण के सूबेदार की खूब सूरत बेगम है, जिस की होड़ की स्त्री दुनियाँ भर में नहीं है। आप ही को भेंट में देने के लिए मैं इसे यहाँ तक ले आया हूँ। सेवक की भेंट सहर्ष स्वीकृत हो!"

शिवाजी इन बातों को सुन कर क्रोध से आगबबूला हो गया। उसने डपट कर पूछा:— "क्या शिवाजी की युद्ध नीति तुम अभी तक नहीं जान पाये? स्त्रियों पर जुल्म करने के अपराध में आज तुम्हें सिपह सालार के पद से हटाया जाता है!" इतना कहने के बाद उसने गौहरबानू की ओर मुड़ कर देखा तो उसने सर पर से परदा हटा लिया। शिवाजी दंग रह गया! दरबार का दरबार ही उस सौंदर्य की राशि को देख कर मन ही मन प्रशंसा करने लगा! शिवाजी ने सँभल कर कहा:— "सचमुच आप सुंदरता में बेजोड़ हैं। काश! मेरी माँ भी आपके समान सुंदर होती! ताकि मैं भी एक सुंदर बेटा होता!" उसने फिर कहा:—"डरने की कोई बात नहीं। आप सही सलामत अपने पति के पास पहुँचा दी जायँगी। सेवक की ओर से जो अपराध हुआ, उसको आप मुआफ़ कर दें।" शिवाजी ने फिर गौहरबानू को जवाहिरात देकर पति के पास पहुँचा दिया।

भेड़िया बालक रामू

विश्व-विख्यात 'भेड़िया बालक' रामू जो ६ वर्ष तक जानवरों की ही संगति में रहा, अब मानव-प्रकृति अपना रहा है। वह अभी बोल नहीं पाता तथा पहले की तरह ही अब भी कच्चे मांस को पसन्द करता है। नाम पुकारे जाने पर उत्तर देता है और रोज घूमने जाता है। अब वह पका हुआ अन्न भी खाने लगा है। लखनऊ के बलरामपुर अस्पताल के जनरल वार्ड में बिस्तरे पर पड़ा-पड़ा वह खिलौनों से भी खेलता रहता है।

कई मास पूर्व जब रामू को इस अस्पताल में लाया गया था तब उसके लम्बे बालों में जूँ भरी थीं, उस के नाखून लम्बे थे और हाथ पंजों की तरह मुड़े हुए थे।

रामू की खानें की आदतें भी निराली हैं। कभी-कभी वह पका खाना नहीं खाता और तश्तरी या ट्रे में से पानी पीता है। लगभग १ वर्ष के इलाज से रामू में जानवरों की आदतें समाप्त हो रही हैं।

अब डॉक्टर लोग रामू को 'भेड़िया-बालक' कहना नहीं चाहते। वे अब उसको 'जंगली' कह सकते हैं। रामू को दाल, रोटी व सब्जी दिये जाने से उसका वजन ३० पौंड से ३८ पौंड बढ़ गया है। उसके हाथ में मालिश की गई और वह अब खूब काम देता है। दुलार अब उसे अच्छा लगता है। डॉक्टरों का विश्वास है कि रामू को पूरा आदमी बनने में कुछ वर्ष लगेंगे। आजकल रामू की देख भाल करने वाले दो विशेषज्ञ, डॉ. डी.ए. शर्मा व डॉ. एस. डी. अग्रवाल अपने 'प्यारे मरीज़' की कहानी लिखने में व्यस्त हैं!

—एक सम्वाददाता

माताएं पढ़ती हैं और— बच्चे खेलते हैं !

अमेरिका में अतलान्तक कोस्ट-स्टेट के "वसार" महिला कालिज से हर साल गर्मियों में चार सप्ताह का पाठ्यक्रम चालू किया जाता है, जिसमें माँ-बाप शिक्षा पाते हैं और बच्चों की देख-भाल की जाती है। इस कालिज की संचालिका डॉक्टर मेरी लेंगम्योर हैं जिन्होंने इस पाठ्यक्रम को सफल बनाने के लिए बहुत कुछ परिश्रम किया। वह स्वयं चार बच्चों की माँ हैं और बाल- मनोविज्ञान की पंडिता हैं। उनके अनुभव इस अध्ययनक्रम की व्यवस्था के लिए बहुमूल्य सिद्ध हुए ह।

इस पाठ्यक्रम में भाग लेने के लिए हर स्थान से हर आयु के और हर आर्थिक-वर्ग के व्यक्ति आते हैं। कम आमदनी वाले परिवारों की मदद छात्रवृत्ति देकर की जाती है। इस पाठ्यक्रम का उद्देश्य है शिक्षकों को, माता-पिता को और व्यावसायिक व्यक्तियों को कुटुम्ब और सामाजिक जीवन सम्बन्धी वैज्ञानिक तथा शिक्षण अनुसंधानों की जानकारी कराना।

१९४८ के साल में डॉक्टर लेंगम्योर ने परिवारों को लिखा था "हम तुम्हारे बच्चों को तुम्हारे पास, पर तुमसे अलग रहना सिखाएँगे। मैदान का मानचित्र भज रहे ह, इसमें अपने रहने का और अपने बच्चों के रहन का स्थान चुन लेना। बच्चों के प्रिय खिलौन पहले से भेज देना जो उनके कमरे में सजा दिए जाएँगे ताकि वे अपने घर की याद न करें !"

संस्था के शिक्षकों से डॉक्टर लेंगम्योर ने कहा "कुछ माँ-बापों को अपन बच्चों से अलग रहन की आदत मुश्किल से पड़ती है। यदि वे अपने बच्चों से तरह-तरह के सवाल पूछें तो उसका यह मतलब नहीं है कि उन्हें तुम (शिक्षकों) पर विश्वास नहीं, न उसमें तुम्हारी मान-हानि ही है। जैसे ही आदत पड़ जायेगी उनकी घबराहट भी दूर हो जाएगी।"

बड़े लोगों की पढ़ाई सुबह साढ़े आठ बजे से शुरू हो जाती है। उसमें चरित्र-विकास, परस्पर सम्बंध, परिवारों की आवश्यकता, शिशु-कल्याण योजनाओं आदि विषयों पर चर्चा होती है।

बच्चों की दिन-चर्या भी बनादी जाती है जो कि बच्चों की आयु के ऊपर निर्भर रहती है। खाने का समय, खेलन का समय, माँ-बाप से मिलने का समय—सब निश्चित रहता है। उन सबके अलग-अलग रहने के कमरे हैं और तरह-तरह के खेल और किताबें हैं। खूब बड़ा मैदान है जहाँ बच्चे आनन्द से मिट्टी और पानी से खेलते हैं।

दिनचर्या का सबसे महत्वपूर्ण समय है माँ बाप के मिलने का घंटा। शुरू में जब घंटा पूरा होने पर माताए अपने बच्चों को छोड़कर जाने लगती हैं तो बच्चे चिल्लाकर रोते हैं पर कुछ दिन बाद तो वे परवाह भी नहीं करते कि कब माँ आई और कब गई। एक दिन जब एक माता अपनी छोटी लड़की से मिलने गई तो उसने देखा कि वह ट्राइसिकिल पर घूम रही थी। माँ की ओर उसने कोई विशेष ध्यान नहीं दिया और बोली: "मैं अब कोई बच्ची नहीं हूँ !"

—एक शिक्षा-प्रेमी

हमारे शुभचिंतक

नया बाल-साहित्य

श्री जी.एस. कृष्णय्या के सुयोग्य सम्पादकत्व में (५५५६, शिवाजी नगर, पूना ५) निकलनेवाली बालकोपयोगी पत्रिका 'सनशाइन' का प्रथमांक दिवाली अंक के रूप में निकला है, हालांकि इससे पूर्व उसका उद्घाटन-अंक भी हमारे सामने आ चुका है। वस्तुतः 'सनशाइन' जैसी पत्रिका पर प्रकाश डालने का अर्थ सूरज को दीपक दिखाने के समान है।

पत्रिका के उद्घाटनांक पर अपना मत प्रगट करते हुए हमने यह सुझाव दिया था कि इतनी उत्तम पत्रिका में यदि भारतीय भाषाओं, और विशेषकर राष्ट्रभाषा हिन्दी को स्थान प्रदान किया गया, तो उसका प्रत्येक क्षेत्र से स्वागत ही होगा। हर्ष की बात है, कि पत्रिका के प्रथमांक में ही अंग्रेजी के साथ हिन्दी विभाग भी जोड़ दिया गया है। विशेष प्रशंसा-योग्य बात यह है, कि उक्त विभाग का सम्पादन कुशलतापूर्वक हुआ है और उसकी भाषा भी बिल्कुल साफ़-सुथरी है। आशा है, यह विभाग उत्तरोतर अधिकाधिक विकसित होता जायगा। राष्ट्र के भावी कर्णधारों को अन्धकार से प्रकाश की ओर ले जाने में सनशाइन सफल हो यही कामना है।

—रविवारीय नव भारत टाइम्स

शुभ-सूचना

'सनशाइन' का हिन्दी रूपान्तर
स्वतंत्र रूप से
आगामी जनवरी १९५५ से
प्रकाशित होगा!

वार्षिक मूल्य ४॥) एक प्रति ।=)

बड़े दिन की बधाई!

कैप्टन रत्नाम्बरदत्त चन्दोला

बड़ा दिन! जिस प्रकार हिन्दू-संसार में "श्रीकृष्ण-जन्माष्टमी" तथा मुस्लिम-दुनिया में "ईदे-मिलाद" मनाई जाती हैं, उसी प्रकार ईसाई-जगत् में "क्रिसमस" का त्यौहार मनाया जाता है। आज से प्रायः दो हज़ार वर्ष पहले ईसा-मसीह का जन्म २५ दिसम्बर को हुआ था। इसी लिए यह दिन 'बड़ा दिन' कहलाता है। यह जयन्ती बड़ी धूम-धाम के साथ मनाई जाती है। महात्मा ईसा के अनुयायी इस शुभ-अवसर पर गिर्जाओं में जाकर, दिन-रात प्रार्थना करते, तथा धार्मिक-भजन गाते हैं। अच्छे-अच्छे कपड़े पहिन कर, सज-धज कर, एक-दूसरेसे मिलकर इस पवित्र-त्यौहार को मनाते हैं। प्रेम और दया का प्रचार करते हैं क्योंकि उनके महाप्रभु-ईसा दया और प्रेम के अवतार थे। उन्होंने अपने जीवन-काल में दुखियों का दुख दूर किया; भूखों को भोजन और नंगों को वस्त्र दिया; भूख तथा भूले-भटके राहगीरों को सन्मार्ग दिखलाया। प्रभु-ईसा की दृष्टि में इस महान सृष्टि का एक छोटे से छोटा प्राणी—चाहे वह "भेड़ का मेमना" ही क्यों न हो—स्नेह तथा करुणा का पात्र था। उन्होंने जहां विधवाओं तथा अनाथों के आँसू पोंछे, वहीं अपाहिजों तथा कोढ़ियों को अपने हृदय से लगाकर उनकी पीड़ाओं से भरी जिन्दगी में फिरसे मिठास पैदा करदी! और अन्त में, अपने प्यारे भक्तों की भलाई करते-२, संसार की कल्याण-कामना के गीत गाते-२, दुष्टों की हृदय-हीनता पर हँसते-२, उस "क्षमा की मूर्ति" ने शूली पर चढ़कर अपनी जान देदी! वह "प्रेम का देवता" अपनी मृत्यु के १९५४ वर्ष बाद, आज भी, अपने अमर-सन्देश के रूप में जीवित है! इस अवसर पर हम अपने क्रिश्चियन पाठकों तथा शुभ-चिंतकों को "बड़े दिन की बधाई" देते हैं!!

सम्पादकीय टिप्पणियां

नया वर्ष !

और फिर नया वर्ष ! १९५५–विश्व-शांति, विश्व-प्रेम तथा विश्व-बन्धुत्व का शुभ सन्देश लेकर आया है ! संसार के इतिहास में १९५४–अभूतपूर्व घटनाओं, परिवर्तनों तथा आविष्कारों का वर्ष कहलायेगा! काल की कूची ने इस छोटे से वर्ष के भीतर जहां कितने ही डरावने-चित्र अंतर्राष्ट्रीय -पटल पर खींच डाले। वहां कुछ ऐसे हास्य-चित्रों का भी निर्माण किया है, जिनमें "आशावाद" की झलक दिखाई देती है ! हमारा तो एक मात्र यही अटल-विश्वास है कि विश्व-शांति की कुंजी संसार के बच्चों के हाथों में है। आज के बच्चे, कल के नागरिक और परसों के नेता हैं। यदि उन का बचपन सुधर जाय तो उनका भविष्य भी सुधर जायगा। प्रश्न यह है कि बचपन को सुधारा जाय तो कैसे? इसका एक मात्र उपाय यही है कि बच्चों के भरण-पोषण तथा शिक्षण का भार स्वयं सरकार ले ले, तथा उनकी शिक्षा-पद्धति तथा पाठ्य-क्रम की एक नवीन रूप-रेखा बनाये, उनके चरित्र–गठन तथा शारीरिक-व्यायाम का अभिनव आयोजन करे तथा उन्हें दूसरे देशों तथा राष्ट्रों के बच्चों की प्रगति तथा उन्नति का दिग्दर्शन करावे। इसमें सन्देह नहीं कि बच्चों के मां-बाप अथवा उनके शिक्षक उनके भविष्य-निर्माण में अपनी ओर से कोई कमी न होने देंगे, तथापि महामारी, अन्न-काल, बाढ़ तथा सर्वोपरि आर्थिक-संकट के इस युग में बिना सरकारी-सहायता के बच्चों का भला होना, यदि असम्भव नहीं तो, कठिन अवश्य है। 'सनशाइन' के होनहार पाठकों को नये वर्ष की शुभ-कामनाए तथा सौ-सौ बधाइयाँ !

अब आगे क्या ?

जैसा कि हम गतांकों में सूचित कर चुके हैं, हम आपकी इस पत्रिका को आगामी जनवरी से स्वतंत्र रूप से हिन्दी में निकालना चाहते हैं। केवल इसीलिए नहीं कि यह हमारा स्वप्न था, बल्कि इसलिए कि हमारे सहृदय-पाठकों तथा शुभ चिंतकों ने हमें इस ओर कदम बढ़ाने के लिए प्रोत्साहित किया है। इस सुन्दर-संकल्प को कार्य-रूप में परिणत करने के निमित्त हमारी एक अभि-लाषा है। वह यह कि, हमारे हिन्दी-प्रेमी बालक तथा बालिकायें हमारे पास अपने गद्य तथा पद्यमय लेखों को 'सनशाइन' के हिन्दी-संस्करण में प्रका-शनार्थ शीघ्रातिशीघ्र भेजने का कष्ट उठावें। आगामी अंकों के लिए हमें निम्न-लिखित विषयों पर संक्षिप्त लेख चाहिएँ। लेखादि साफ़ अक्षरों में कागज़ की एक ओर लिखे होने चाहिएँ। स्वीकृत लेखों पर यथोचित पुरस्कार दिया जायगा। लेख पर अपना नाम, पता, आयु तथा कक्षा लिखना आवश्यक है। सम्पादक का निर्णय सर्वमान्य होगा। इस विषय पर अनावश्यक पत्र-व्यवहार नहीं किया जायगा। विषयसूची इस प्रकार है :–

कविता के लिए समस्याएँ :

(अ) "दुनिया रंग बदलती है"

(ब) "हम अपनी जान लड़ा देंगे"

कहानी का विषय :

"मेरे बचपन का सपना"

लेख का विषय :

"राष्ट्रभाषा का महत्व"

लेखादि भेजने का पता :–

सम्पादक, 'सनशाइन' (हिन्दी-विभाग)

शिवाजीनगर, पूना–५

BY YOU

MISS MISCHIEF

By MERLYN D'SOUZA (13 years)

Oh, she's the naughtiest girl in school
Always grinning and breaking a rule,
There's never a moment when she can sit still,
And visitors gasp when they hear her shrill trill.

* * *

Ready to announce in the solemnest voice
When the teacher is ill that there is cause to rejoice,
She's always in a pickle getting detention
For laughing and talking, and not paying attention.

* * *

Of the teacher she draws the most wonderful portrait
And usually gets caught in the act of erasing it
Gets gated for two days and a passage to write
But her mischief is only raised to its height.

* * *

The teacher is late in arriving next day
Because of a body trap set in her way.
In the young rascal's mind there is frequently brewing
Fresh mischief to make the teacher start fuming.
Even so this imp is exceedingly popular
For all the school's mischief is centred around her.

THE PIG WHO MADE A PIG OF HIMSELF

GEORGE NAZARETH (16 Years)
St. Mary's High School, Bombay

IT WAS two days before Christmas and Peter Pig was having a wonderfully merry time. What was he doing? Why, just staring at his pantry full of good things to eat! For Peter was so crazy about food, that if he wasn't busy eating it, he just loved to sit and look at it.

"Mmmm," He smacked his lips as he counted all the bottles. "Lots of raspberry and strawberry jam, plenty of cake, and boxes and boxes of biscuits and chocolates, and all for me."

Not only was Peter greedy, you see, but he was also selfish. If there was anything he hated about food, it was sharing it, unless, of course it was somebody else's.

Just as Peter was gloating over his rich store of goodies he happened to glance out of the window. "Oh," he gasped "This is terrible! Friends are coming to see me!" Carefully he counted the number of woodland folk who were strolling towards his house. Though they were a quarter of a mile away, he could see there were four of them.

"Four! why, they'll expect me to offer them things to eat out of my very own pantry." Peter shivered. "I don't want to do that. No, Sir! I won't do that!"

Rather than allow anyone to have a share in his precious food, Peter set to work at once, gorging himself on everything in sight. He ate so fast, that he hardly bothered to chew, swallowing everything in great gobs and gulps. He didn't stop for one single moment, emptying everything he could lay his hands on into his fat self. He was still

swallowing away when the doorbell rang and he waddled to answer it.

"Come in, come in" Peter said with his mouth full of food. "It's so nice to see you" Two squirrels, a rabbit and a small weasel entered and seated themselves. They talked of this and that, but Peter was having an awful time listening to them, for, you see, he had eaten so much and so fast, that he was beginning to have the sharpest, most awful tummy-ache in the world. With great difficulty he managed to say, "I have very little food left but would you like ....." "Oh, dear, no!" interrupted a squirrel "We can't stay, thank you! We just came to give you the prize you've won."

"The prize?" stammered Peter as his face turned a sickly green. "Why yes! You've won the school raffle prize, Peter. Bring it in boys."

The door opened and the prize was carried in. And what do you think it was? A big basket of food. The sight of it was enough. "Oh!" groaned Peter "Take it away, please."

The visitors left taking with them the food, which would be given to the poor. And after they left Peter collapsed into a chair holding his stomach." "I guess," he cried," I deserve this for being such a pig!"

* * *

CONTESTS FOR JANUARY

1. Draw a cartoon dealing with school life, not less than 4" by 4".
2. Read the story on p. 14 and write a story of about 500 words on "A Cure for Laziness."
3. Try and make up a poem on "The New Year."
4. Write 3 or 4 paras on "What Gandhiji would have done today" (150 words).

The best contributions will be published in the magazine and will receive prizes. Contributions should reach the Editor by Jan 1, 1955.

BEES WITHOUT STINGS

by HARRY SALDA
St. Xavier's College, Bombay

B hopeful, B cheerful, B happy, B kind,
B busy of body and modest of mind.
B earnest, B truthful, B firm and B fair.
Of all misbehaviour, B sure to B ware.
B true to yourself and B faithful to all,
B just and B generous; B honest, B wise
B mindful of time and B certain it flies.
B careful but yet B the first to B stow,
B temperate, B steadfast, to anger B slow,
B thoughtful, B thankful whatever B tide.
B just and B joyful, B cleanly B sides.
B pleasant, B patient, B gentle to all,
B best if you can, but B humble withal.
B prompt and B dutiful; always B polite;
B reverent, B quiet, B sure and B right.

* * *

CONTESTS FOR FEBRUARY

1. Describe in about 500 words how you celebrated any popular festival like Diwali, Christmas, Holi, etc.

2. Write about 150 words on "Week ends that are not weak ends—My ideas for Spare Time activities."

3. February 12 is the birthday of Abraham Lincoln. Write about 200 words on: Lincoln is the Gandhi of America.

Contributions should reach the Editor by Jan 15, 1955. The best will receive prizes.

* * *

READ ONE! READ ALL!

IT'S NEW! IT'S BRIGHT!

IT'S

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SPORTS NEWS

● Roger Bannister, first runner to best four minutes for the mile has been chosen. "Sportsman of the year" by the Sports Writers' Association of Britain. He heads the list of the sportsmen who have contributed most to Britain's international prestige.

● The International Olympic games Committee has announced a world-wide competition for an "Olympic Hymn" to be played at the beginning and closing ceremonies of the Olympic games. The successful author will get a prize of 1,000 American dollars and a commemorative medal. It will probably receive a world wide broadcast at the next Olympic Games at Melbourne, Australia in 1956.

SPORTS QUIZ

1. Rover's Cup means supremacy in (1) Badminton (2) Hockey (3) Football (4) Basketball.

* * *

2. Who is the present World Table Tennis Champion? (1) Ivan Andreadis, (2, Hiroji Satoh (3) R. Bergman.

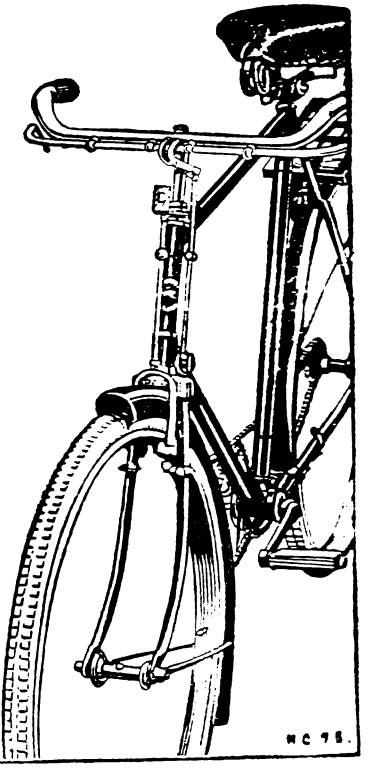
* * *

3. What is the record time for the 100 metres sprint? (1) 10.4 secs. (2) 10.2 secs. (3) 10.8 secs.

* * *

4. Who is India's best allrounder in cricket? (1) Vijay Hazara (2) G. S. Ramchand (3) Vinoo Mankad.

There are more than 700,000 Hind Cycles on the road today



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For SCOUTS and GUIDES

THE MAGIC CIRCLE

(A game for dark evenings)

It gets dark very early these evenings and, you will find it rather difficult to play outdoor games. Here's one which provides lots of fun indoors. The game leader draws a circle about a yard in diameter on the troop floor. The circle must not be right in the centre or in a corner. Let the patrols look at it for a minute or so. Then the lights are switched off. Scouts or guides creep from their places and try to get into the circle. After five minutes lights are switched on and Scouts and Guides must freeze where they are. The patrol to have the greatest number in or near the circle wins.

It is a good game to test a Scout's or Guide's sense of direction.

SCOUT AND GUIDE WEEK IN BOMBAY STATE

The Bombay State observed the Bharat Scout and Guide Week from November 21 to Nov.27. Every where the week was inaugurated with great zest and enthusiasm. "Khari Kamai" was the highlight of the week. Scouts and guides went out into the community and did all sorts of odd jobs like car cleaning, running errands, dusting and polishing, teaching Hindi, sewing, babysitting etc. In many places parents were invited to see the handicraft of the Scouts and Guides. Old Scouts and Guides also took this opportunity to renew their pledge for better Scouting and Guiding. All in all it was a most successful week. We hope the spirit of the week will continue throughout the year.

THE RESULT OF A GOOD TURN

On the west lawn at Gilwell Park, near London, is a bronze statuette of a buffalo; the plinth bears this inscription:

PRESENTED BY THE BOY SCOUTS
OF AMERICA
TO THE UNKNOWN SCOUT WHOSE
FAITHFULNESS
IN THE PERFORMANCE OF HIS
DAILY GOOD TURN TO
WILLIAM D. BOYCE
IN 1909 BROUGHT THE BOY SCOUT
MOVEMENT TO THE UNITED
STATES..OF..AMERICA.

This is the story. William D. Boyce, a Chicago publisher, was seeking a difficult address in London. A boy approached him and asked, "May I be of service to you?" Mr. Boyce told him where he wanted to go, and the boy said, "Come with me, sir," and led him to the place. Instinctively Mr. Boyce put his hand in his pocket, and then offered the boy a shilling for his trouble. The boy replied "No, sir, I am a Scout. Scouts do not accept tips for good turns." Mr. Boyce, surprised, said, "What do you say?" and the Scout repeated his statement and added, "Don't you know about the Scouts?" Mr. Boyce said, "Tell me about them." The Scout explained as well as he could, and then said, "Their office is very near, sir. Won't you come along and see them?"

So after his business was finished Mr.

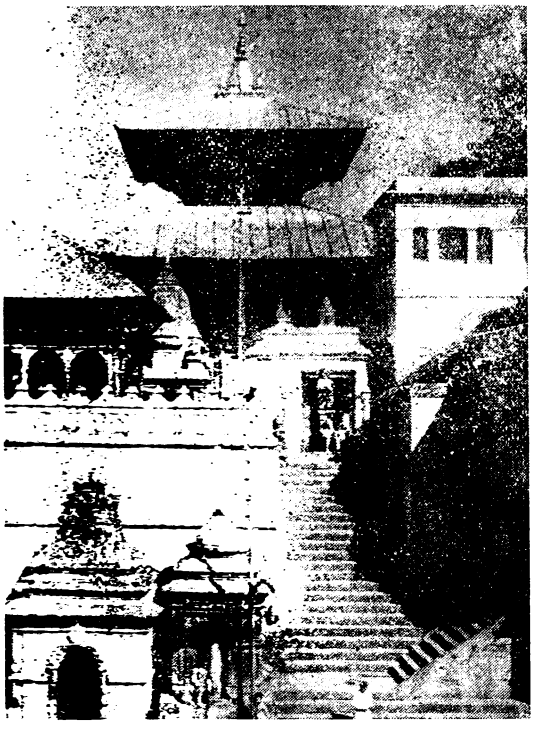
(Continued on p. 27.)

A GLIMPSE OF NEPAL

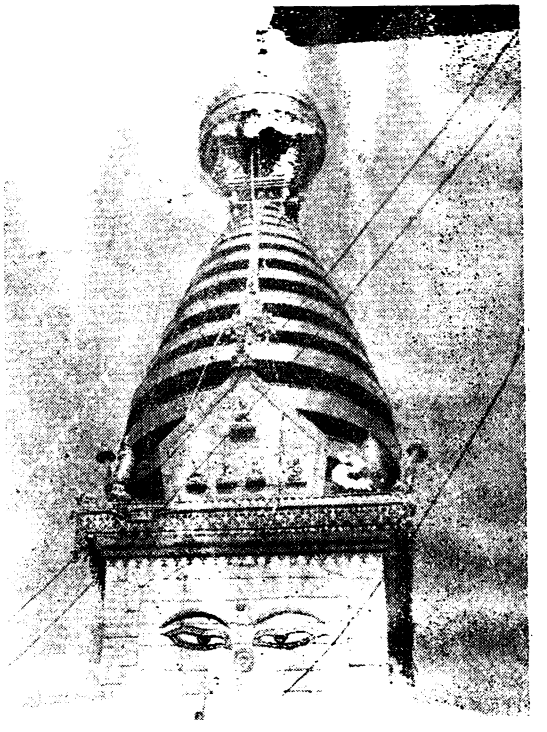
By Ram Bhadra Adiga
(G. O. I. S. from NEPAL)

Situated majestically to the North of India, NEPAL, which was a "hidden place" to most people of the world only a few years ago, has now come into the limelight on account of her fighting soldiers and is now appropriately described as the land of "Gallant Gorkhas".

Gorkhas are well-known for their skill of using a *khukri* (a dagger) in peace as in war. Gorkhas formed part of the Indian Army and won the largest number of medals and decorations for exceptional acts of gallantry in the field in both World Wars.



The SHRI PASHUPATI temple of the Hindus has a golden roof. It is situated in the heart of KATHMANDU.



The SHRI SWAYAMBHU Buddhist temple. Notice the difference in ARCHITECTURE.

Even after the withdrawal of the British power from India, the Gorkhas continue to man not only the land forces of India, but also form an outstanding contingent of the British Imperial Forces.

The illustrations, show two temples, the Golden Temple of "*Shri Pashupati*" and the Buddhist Temple of "*Shri Swayambhu.*" The two main religions in this beautiful hilly tract of the Himalayas are Hinduism and Buddhism. The third illustration is that of the Chief Priest of Nepal appearing in his usual templedress.

Both from the religious and cultural points of view, Nepal has had an ancient

This is the High Priest of Nepal.

and unbreakable tie with her neighbour—India—and her people believe in the doctrines of "Ahimsa" and peaceful existence. Nepal has also felt the impact of modern civilization and with certain constitutional changes in her government, in keeping with the rest of the democratic world, is now marching steadily on the road to progress and prosperity.

(Continued from p. 15.)

their heads in shame: both said together, "Father, we beg your pardon. We do not want to go to the town. We would like to tend cattle with you. We promise you that we shall never be lazy again." Old Kittu had a very knowing smile on his face as he fondly embraced his sons.

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The world of music

BULBUL SARKAR

Children who are exposed to sunshine and fresh air grow up with strong, healthy bodies. Children who are exposed to music, grow up with music within them.

When you are "exposed to music", you come across catchy tunes which you soon find yourself humming. Some of the music you hear, you cannot help beating time to. Certain haunting melodies go on playing in your mind long after you have heard them. . . . And inside you a sense of rhythm is born, and a response to harmony in sound. Music begins to say all kinds of things to you because now you understand the language of music.

If your ear is attuned to Indian classical music, each melody you hear has a special meaning for you. Every Indian *raga* suggests a certain mood and is meant to be sung or played at a certain time of the day or season of the year. Thus you can tell whether the *raga* is *Bhairavi* (Morning Song), or *Behag* (Evening Song), *Basanta* (Spring Song) or *Megh Malar* (with-a-voice-like-a-thundercloud). When Indian music is in your veins you thrill to the fascinating rhythm of the *tabla*. You find a world of beauty in the dreamy notes of a flute, in the sweet-sounding *Sitar* and *veena* and in the rich strains of the *sward*.

When you begin to like the music of great composers, you enter the wonderland of sound. Then a musical composition of the west like the "Pastoral Symphony" by Beethoven brings to you the ripple of a brook, the sound of birds twittering, the wind in the trees, the approach of a storm. Another piece of music suggests the tinkling of bells, the sound of the sea, or the rustle of spring, and your imagination roams in realms never before explored.

All this and more the magic world of music holds for those who are growing up with music within them.

**Raga:* The main melody on which a musical composition is based.

A village minstrel

Even the poor village minstrel feels he must express his love for music. He makes his own crude instrument with bamboo and dried pumkins.

The Result of a Good Turn

(Continued from p. 24.)

Boyce was taken along to the office of the Boy Scouts Association, and there gathered all the information he could about the year-old movement. He was so impressed that on his return to America he talked about the Boy Scouts to his friends, and on February 8, 1910, the Boy Scouts of America was formally incorporated.

* * *

Scouts and Guides will be pleased to know that Dr. G. S. Krishnayya, Editor of SUNSHINE has been appointed District Commissioner of Scouts for Poona

Teaching

(Continued from p. 11.)

only as a stepping stone to something more lucrative. He does not receive the same publicity that a politician, a sportsman or a cinema actor is every day receiving in the newspapers.

On the practical side, if the teacher is to produce the greatest effect the pupils must feel that he knows a great deal more than themselves. The current tendency to drop cultural subjects like Sanskrit, algebra, science and world history from the curricula of primary training colleges, as they are unnecessary for the work in school, is therefore to be deprecated. Above all, the teacher must not only know his mater but be able to communicate to his pupils what he knows, and for this purpose he must have good command over language.

A teacher like the poet is born and not made. A great deal of emphasis is laid on the need of proper training for the teacher; though training can make a potentially good teacher better, it will never turn a man who is physically, mentally and morally unsuited for it, into a competent teacher. With this reservation, the training for the profession must be so arranged that the teacher will learn to take interest in his work. He must know not only about child psychology, the details of school or college administration and the methods of teaching his subjects. but he must be familiar with the social milieu in which his pupils and their guardians live.

It is difficult to strike a balance between the advantages and disadvantages of the teacher's profession. But one thing is certain that nobody should enter it who does not feel drawn to it.

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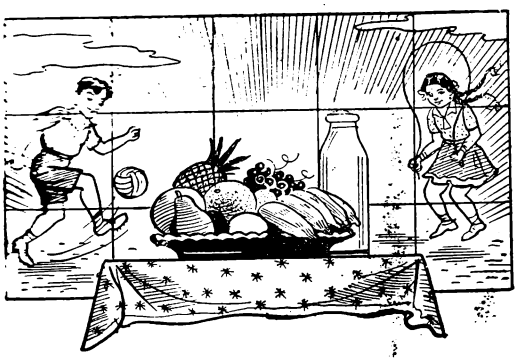

THINK BEFORE YOU EAT!

WE ALL like to be strong and healthy. When we look at our athlete friends, we admire them for their supple muscular bodies and are inclined to feel that it is all due to the strenuous games they play and the outdoor life they lead. This is true to a large extent, but there is yet another factor which we must take into account. Quite a lot depends upon our food, not only on how much we eat, but much more, on what we eat. A balanced diet is what is necessary. What, you will ask, is a balanced diet? Well, that is a good question.

The human body is like a machine which must be fed with the proper fuel in order that it may do its best work. It gets its fuel from two constituents of food, namely, fats and carbohydrates. Fats are found in animal as well as in vegetable foods. Common examples are oils of almond, olive, coconut, gingelly, etc., and butter, ghee and fish oils. Carbohydrates include sugar and starch. These foods provide warmth and energy for the body.

Another important constituent of food is what is known as protein. Proteins are foods supplying material for growth and repair. They are found in milk, meat, eggs, fish, pulses and nuts.

Besides the above mentioned elements, the life-processes of the body also require what are known as "Vitamins" from "Vita" which means life. They exist in such tiny quantities in food-stuffs that their presence had passed unnoticed for a long time. But now they are manufactured by chemical processes and are available at any druggist's.

In the olden days sailors were often found suffering from "scurvy" which affects the teeth and gums and causes pains in the joints and swellings on various parts of the body. It was because of a want of fresh fruits and vegetables when they were out at sea. Oranges are rich in vitamin C but richer still are "amlas". One 'amla' contains as much as two oranges! History tells us that Emperor Asoka once sent a basketful of amlas to the king of Ceylon.

Last of all there are the mineral salts, the most important of which are calcium, potassium, sodium, phosphorus and iodine. Two of the best sources of calcium are milk and leafy vegetables. Calcium is necessary to coagulate blood, to keep off tubercular germs and to build up sound teeth and bones. Iron is another mineral that our bodies need for the formation of "haemoglobin", the substance that gives the red colour to the blood and carries Oxygen to the heart. Iron is contained in green vegetables like spinach and cabbage; also in whole wheat flour.

You have now seen the various constituents of food which are necessary to build a strong healthy body. Here are a few suggestions for you:—Avoid too much rich, fried and over cooked foods. Have more of raw and leafy vegetables and fruit. Remember the old saying "an apple a day keeps the doctor away." Learn to like whole cereals. Don't overeat. Chew your food and don't swallow it in large morsels. Take your food at regular hours and eat nothing in between.

It may seem hard at first but it will pay you large dividends in the end.

Merry Christmas with
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The Strangest Animal in the World

(Continued from p. 15.)

though it was found walking along the Mall, cannot walk fast and can hardly run. It is not a lover of society and hides itself deep inside its burrow, closes the entrance with earth and only emerges at night in search of food—and like itself its food too is strange: it eats all kinds of living ants and termites (white ants). With its powerful claws it tears open the ant-hills and thrusts its pointed snout in, while its long tongue scoops out the ants from the farthest crevices. When it stands on its hind legs its body is inclined forward at a strange angle like the Leaning Tower of Pisa.

The Pangolins do not live long in captivity because it is difficult to feed them. Imagine the number of live ants we would have to catch in a day to feed one Pangolin!

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Manager, SUNSHINE

What Our Readers Say

There is a dearth of good literature for children in this country. I am sure that with your long experience in the Educational Service, you know the needs of the children so well that you will be able to make your magazine highly entertaining and greatly beneficial to them.

B. G. Kher
Formerly High Commissioner for India in U.K. and Chief Minister & Educ. Minister, Bombay State

* * *

There is almost nothing so needed as training the younger generation in a sense of corporate responsibility and good citizenship. Dr. Krishnayya is well prepared in training and outlook and spirit to undertake this important task. I commend his project wholeheartedly.

E. Stanley Jones
World Evangelist

* * *

A magazine of such a nature is quite essential at the present juncture to develop a self reliant outlook and co-operative spirit in our children to whom the reins of building the future India will pass on. I have no doubt that Dr. Krishnayya with his wisdom, broad outlook and rich experience will be able to achieve his object.

Gopal Rao Ekbote
Minister for Education, Hyderabad.

* * *

This magazine promises to make a vital contribution to the education of youth in India and it is a pleasure to wish the new venture success and long life. The magazine will do much to increase understanding between India and the United States.

Thomas E. Flanagan
Chief Public Affairs Officer,
American Embassy

* *

Your children's magazine "SUNSHINE" with its many-sided appeal, carries me back to the days of my childhood and the 'Children's Newspaper' which I so eagerly awaited. I hope that children and their parents and teachers and all who have to do with young people will give it the support it deserves.

J. F. Forrester.
Professor, St. Christopher's Training College, Madras

* *

"SUNDAY CHRONICLE", Bombay

"The new magazine maintains a high standard of literature throughout, and is entertaining, instructive and inspiring as well. Youths are bound to be drawn to it."

If the desire for reading and the inspiration for creative art is to be stimulated in our student population, foundations must be laid at the early stages of their educational career.

I am sure that your wide experience and intimate knowledge of the subject will enable you to produce reading material that is well illustrated and appealing to the youth of the country.

A. L. Mudaliar
Vice—Chancellor, Madras University, Chairman, Secondary Edn. Commission Member of the Executive Board, UNESCO.

* * *

Knowing as I do the background of Dr. Krishnayya's vast experience in the field of Education both here in India and abroad, and his particular aptitude for child welfare, I have no doubt that the interesting, instructive and inspiring articles the magazine contains under his editorship will make SUNSHINE one of the most attractive educational magazines in our country.

Valerian Cardinal Gracias

* *

We all respectfully hail your pioneering journal for adolescents as a great event in the history of educational effort in this country. You have been literally a friend, philosopher and guide to teachers and adolescents in this country both as an author and educational thinker.

S. Thaker,
Inspector of Schools.
Chotanagapur Division, Ranchi

* * *

I have read SUNSHINE with great interest and I like it very much indeed. Apart from the general healthy outlook of the articles there is plenty of scope for learning about other people which is so important. I send you my very good wishes for the success of SUNSHINE.

Miss Stella Monk.
Director
EMPIRE DAY MOVEMENT, U.K.

* * *

You have done a splendid job which is worth the support and encouragement from both friends and citizens. Indeed a magazine like yours has a definite place in New India and you have everything to make it a success.

K. V. Rajan
Psychiatric Clinic,
Lucknow

* * *

This is a welcome addition to children's magazines. The contents of the first three issues amply reflect the aims of SUNSHINE—providing entertaining and instructive material. A feature of the magazine is an eight page Hindi section.

THE HINDUSTAN TIMES, DELHI.

ORIENT LONGMANS

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A SOCIETY OF PENFRIENDS

S. K. GUPTA

NEARLY thirty years ago a Social Worker, Late Radha Raman, who was keen on world brotherhood, introduced Penfriendship among young people and started an organisation under the name of "Young Folks' Brotherhood". In 1935 a senior section of this organisation called National League of Penfriends was established. It is the oldest organisation of its kind in India and has been successful in establishing international links and has held International Conferences since 1936.

If you wish to go abroad you choose your country and then write to a penfriend there. In this way you will get all the necessary information in the quickest possible time, for one of the conditions of the organisation is that a member must reply to another member. There could not be a better medium of contacting people and helping yourself.

ADVANTAGES ARE GREAT

In fact this big world becomes a small unit through Penfriendship. It becomes a vast family of persons of all creeds, nationalities and races. You come close to persons of other religions and customs and languages. It is the surest way of establishing International Harmony and Peace. World Problems cannot be solved unless the whole outlook of man is radically changed. Penfriendship is the true panacea for the growing ills that are ruffling the calm of nations.

It woud be interesting to know that many great men are interested in this movement. The Vice-President of India, Dr. S. Radhakrishnan, in a message to the organisers writes, "Every attempt which cuts across national frontiers and establishes relations amongst youth of the world, deserves to be encouraged in these difficult days. So your enterprise has my sympathies".

The speaker of the Indian Parliament, Mr. G. V. Mavlankar writes: I am glad that the Penfriends Organisation is restarted. One of the potent remedies for bringing peace in the world is that the people of all nations should make friends with each other.

Pearl S. Buck, the great novelist and Noble Prize Winner, wrote: It is highly valuable in these troubled times of disturbed human relationships that this work aims to bring together the minds and thoughts of persons who are separated by distance and nationality.

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Solution to last month's Crossword Puzzle

Across		*Down*	
1.	Mind	1.	Moon
2.	Rome	12.	Fire
3.	Sun	13.	No
4.	O. K.	14.	Mrs.
5.	Ti	15.	G. R.
6.	Freedom	18.	pure
7.	If	17.	Fog
8.	Joy	18.	OC
9.	M. A.	19.	S. O. S.
10.	Earn	20.	Ha
11.	Main	21.	Exit
		22.	Vain

Answers to General Knowledge Quiz

1. The Bengal Gazette on January 29, 1780
2. Tiruchirapalli
3. John Milton
4. Victoria
5. (a) North Atlantic Treaty Organization
   (b) Federation of Indian Chamber of Commerce and Industry
   (c) Param Vir Chakra
6. Robert G. K. Menzies
7. An electric train has no smoke!

* * *

(1) Orville and Wilbur Wright in 1903.
(2) Thomas Alva Edison in 1877.
(3) Karl Benz in 1885.
(4) Marchese Marconi in 1895.

Answers to Sports Quiz

(1) Football.
(2) Hiroji Satoh.
(3) 10.8 secs.
(4) Vinoo Mankad.

Answers to Riddles

1. Because you double it and put it in your pocket, and when you take it out you find it increases.
2. Because he makes faces and busts.
3. His other shoes.
4. One hates his book and the other baits his hook.
5. The man who bolted a door.

How Carefully Do you Read?

1. Who have been awarded the Nobel Prize for Medicine?
2. What is the strange animal in the Lucknow zoo called?
3. To whom do we owe most for advances in helicopter design?
4. Where will the Olympic Games be held?
5. What is Nepal noted for?
6. Why is Calcium necessary for the human body?

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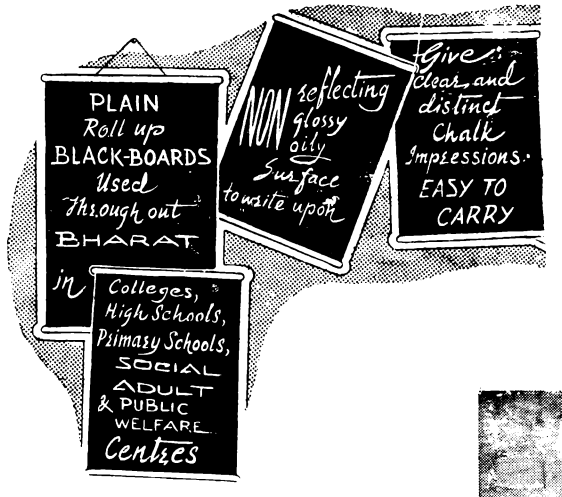

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